

THE BATH PLUG



TBAC Women tearing it up at R2 in the XC League

Three weeks of results in this bumper edition. So get your slippers on, grab a hot drink, maybe a hot water bottle (whatever it takes to stay warm), and curl up on the sofa (or get under the duvet!) with your favourite regular read, the TBAC Plug!

Simon Brace.

The Plug Editor - email me [here](#).

PLEASE ADD THIS EMAIL TO YOUR CONTACTS SO I DON'T END UP IN YOUR JUNK

British & Irish Masters cross-country

16th November

By Tom Hutchison

This annual 5 nations event attracts the highest master's level competition in the UK and Ireland. There are male and female teams in five-year age categories from 35 up to 80. This year the competition was held in Belfast. I was selected for the 4-man England vet 70 team after finishing third in a qualifying competition in Crewe in September. Over a 6km three lap parkland course the vet 70 category was won by David Butler of England with teammate Dave Bedwell of Bristol and West finishing 3rd. I finished 5th with teammate Peter Hough hard on my heels. I was third counter giving the team overall the gold result.

Overall combining team points of men and women in all age groups (5 to win, 4 for second etc.) left Ireland top of the leader board with 68 points and England second with 61.

I was impressed by the organisation of the event and the international camaraderie at the venue. I was really pleased to have qualified for the team and delighted with the team win. My overall pace was 4 minutes 20 seconds per kilometre. I attribute my speed and lack of injury to the support of my coach Paul King, my training partners at Team Bath AC, and my Strength and Conditioning Coach Dee Honanan.

The winning V70 team is pictured below; L-R, David Butler, Peter Hough, Tom Hutchison, David Bedwell.

Can you tell whether this is before or after the race!?





Racing this month

November

By Paul King

This Sunday saw the running of the **Bath Hilly Half and Ultra 10k** race event based at Bath Racecourse. This is jointly organised between TBAC and the Rotary Club of Bathavon raising money for several local charities. Over 300 runners took to the surrounding hills on a bright sunny morning. Overall winner of the **BHHalf** was TBAC's Kevin Meyhard-Krase in a fine time of 1:27:00, with Simon Hughes 2nd (1:29:11) and William Stuart 3rd (1:32:02). Photo above.

The women's **BHHalf** was impressively won, in a new course record, by Victoria Stansfield (1:34:14), with Belinda Dow 2nd (1:45:17) and TBAC's Victoria Radcliffe 3rd (1:47:17). Photo below.

In the **Ultra 10k** there was an exciting finish with Archie Thomas taking 1st place (54:10), 2nd Ash Tuck (54:17) and 3rd for TBAC Toby Bishop (54:49). It was a clean sweep for the TBAC women with recent mum Heather Fell excitingly taking 1st place (1:03:00), Abigail Mann 2nd (1:05:41) and Emma Hatherley 3rd (1:05:47).

An enormous thank you to Race Director, Mark Mackintosh, Charles Hayward (Rotary Club of Bathavon), Bath Racecourse and the army of volunteers that made this event happen.

The **T100 triathlon pro world tour** culmination of the season took place in Dubai. Leon Chevalier, following his excellent 4th place in the very recent World Ironman Championships in Kona, Hawaii, managed a hard fought 16th position in a total time of 3:23:31 (27:52 swim; 1:51:48 bike; 1:01:20 run). Leon finished a very respectable 20th in the end of season standings.



The first fixture of the 2024/25 **UK Athletics Cross Challenge series got under way at Llandaff Fields in Cardiff** on Saturday 9th November. The Cross Challenge is a prestigious series consisting of 5 UK races with the final to be held in Nottingham next March.

In the **Senior Women** event Freya Spruit had an excellent race finishing 43rd in a time of 23:34 and was well supported by Ella Treby who finished 53rd in a time of 25:07. Photo below. In the **Senior Men** Sam Ruddy finished 64th in a time of 34:15.

In the **U20Mens** race Josh Maxwell ran a very creditable race finishing 49th in a time of 17:25. In the **U17Mens** Daniel Phelps finished 39th (18:05) closely followed by Sam Davies in 40th (18:08); Will Smith in 50th (18:49) and Josh Davies 54th (19:49).

In the **U15Girls** Sophie Maxwell had a very strong race finishing in 8th in a time of 11:21; with Sophie Phelps 31st (13:12).

The **Sodbury Slog** took place on 10th November with Nigel Osborne finishing 33rd MV50 in a time of 1:27:15.



The second fixture of the **Gloucester XC League** took place on **Saturday 2nd November** at **Cirencester Park** on a new relatively flat course. Team photos above and below.

Again, a close battle between TBAC, a strong Western Tempo and a youthful University of Bath teams. On this occasion for the Senior Men race, Western Tempo just took the honours from TBAC by 7 points with the University in 3rd spot. The first 6 scoring runners for TBAC were: Chris Pickering (31:20); James Reeder (31:54); Aidan Daniel (32:26); Elliott Avis (32:28); Lester James (33:05) and Dan Jones (33:15).

In the Masters Men event (MV35+) TBAC were again pushed into 2nd place by a very strong Western Tempo team. TBAC scoring runners were: Dan Jones (4th; 32:26); Peter Grist (6th; 33:57); Rob Eaton (10th 34:29) and James Donald (17th; 35:45). There were other impressive performances from the remaining TBAC runners forming the 'B' and 'C' teams.

The Senior Women battled with Western Tempo and the University of Bath with the outcome ending with Western Tempo in 1st place, TBAC in 2nd place, just ahead of the University of Bath. The TBAC scoring runners: Imogen Gray (4th;22:06); Lizzie Rayner (8th;22:39) and Jacqueline Rockliffe (11th; 23:03). A special mention for Imogen who was 1st LU20 making her XC debut for TBAC.

The TBAC Masters Women (LV35+) had to be content with a 2nd place to a strong Western Tempo team; the 3 scoring runners: Jacqueline Rockliffe (2nd; 1st LV50; 23:03); Victoria Randall (7th; 2nd LV40; 24:04) and Nina Davies (11th; 2nd FV50; 24:32). There were other enjoyable performances from the remaining TBAC women runners forming the 'B' and 'C' teams.

The TBAC Masters Men (MV65+) including Tom Hutchison (1st MV70; 25:24); Paul King (29:04) and Andrew Griffiths (35:54) finished the day in 1st place again for the 'older bloke' team category.

There were many splendid performances from the TBAC juniors in particular Tobi Loughlin (1st MU17; 19:22); Daniel Phelps (2nd MU17; 20:05); Ryan Johnstone (3rd MU17; 20:22); Poppie Swarbrooke (3rd LU17; 24:49); Olivia Paul (2nd LU15; 18:19); and Finley Pierce (2nd MU11; 7:12).



There was strong TBAC representation at the **AVR 'Over the Hills' race on Sunday 3rd November** (photo below with many doubling up from the previous day's cross-country. Both TBAC Men and Women took the overall Team prizes.

There were many notable performances in particular Harry Palmer (2nd 42:59); James Reeder (3rd 43:57); Guy Landon (1st MV50 49:51) and Niall Urquhart (3rd MV60+ 55:50).

For the Women, Emily Griffiths (2nd SF 56:10); Nina Davies (1st FV50 57:33) and Marianne Carpenter (3rd FV50 61:34).

Also completing the course: Leon Chevalier (47:34); Finlay Davies (49:24); Tom Davies (50:02); James Ford (51:34); Brett Raynes (57:24); Nick Parry (58:35); Andrew Alcorn (58:53); Mark Mackintosh (60:30); Nigel Osborne (67:21); Claire Forster (65:48); Ashia Reeder (68:08); Lauren Jauss (68:20) and Lisa Bennett (68:33).



CROSS-COUNTRY FULL TBAC RESULTS by Mark Thomas
Gloucester League, Cirencester Park
Saturday 2nd November

Senior Men & Senior Mens Masters & Men Under 20 race over 9.6Km

4 Chris Pickering SM/03 31:20

6 James Reeder SM/04 31:54

11 Aidan Daniel SM/07 32:26

12 Elliott Avis SM/08 32:28

18 Lester James SM/14 33:05

21 Daniel Jones MV35/02 33:15

23 Michael Towler SM/16 33:29
27 Peter Grist MV40/03 33:57
35 Robert Eaton MV40/06 34:29
55 Matt Bond SM/27 35:37
56 James Donald MV40/10 35:45
75 Mike Dooley MV55/03 37:58
91 Christopher Siggery MV40/19 39:18
98 Ben Holding MV45/09 40:13
106 Alex Copping MV55/05 40:51
118 Paul Wilman MV50/08 41:33
120 Malcolm Treby MV50/09 41:40
125 Andrew Alcorn MV55/06 42:15
127 Christopher George MV40/22 42:27

Senior Ladies & Senior Lady Masters & Ladies Under 20 & Ladies Under 17 & Men Under 17 & Masters Men Over 65 over 6Km

1 Tobi-Lee Loughlin MU17/01 19:22
2 Daniel Phelps MU17/02 20:05
3 Ryan Johnstone MU17/03 20:22
5 Cormac Houghton MU17/05 20:31
6 Samuel Davies MU17/06 20:51
9 Kyle Williams MU17/08 21:20
10 Conal Cross MU17/09 21:27
12 Daniel Kestell MU17/10 21:46
13 Joshua Davies MU17/11 21:52
15 Imogen Gray LU20/01 22:06
20 Lizzie Rayner SL/06 22:39
25 Jacqueline Rockliffe LV50/01 23:03
29 Amy Gill SL/09 23:26
36 Victoria Ratcliffe LV45/02 24:04
41 Nina Davies LV50/02 24:32
44 Poppy Swarbrooke LU17/03 24:49
47 Natasha Perks LV35/06 24:57
52 Tom Hutchison MV70/01 25:24
54 Marianne Carpenter LV50/05 25:32
55 Poppy Feasey LU17/06 25:44
60 Katherine Kabala LV40/06 26:22
62 Kalliopi Makraki SL/14 26:31
67 Abigail Mann SL/16 26:59
70 Emma Hatherley LV35/08 27:15
84 Izzy Crowley LU20/04 28:17
88 Claire Forster LV45/08 28:44
93 Paul King MV65/05 29:04
97 Ashia Reeder SL/23 29:31
128 Andrew Griffiths MV70/07 35:54

Boys and Girls Under 15 over 4.9Km

8 Gabriel Davies MU15/08 17:45
12 Olivia Paul LU15/02 18:19

28 Polly Pennicott LU15/09 21:19
29 Sophie Phelps LU15/10 21:27
30 Alex Sandison MU15/20 21:52

Boys and Girls Under 13 over 3Km

9 Alexander Stokes MU13/09 12:00
24 Rory Macpherson MU13/19 12:50
30 Finn Macpherson MU13/23 13:03

Boys and Girls Under 11 over 2Km

2 Finley Pierce MU11/02 07:12
5 Eugene Wicks MU11/05 07:52
14 Oliver Tasker MU11/12 08:12
23 Elise Williams LU11/05 08:25
24 Aiden Stokes MU11/19 08:25



The Bath Plug is the weekly magazine of Team Bath AC. Copy and comment for publication, questions and corrections to the editor at plugeditor@teambathac.org. Copy to the editor by Wednesday 16.00 for inclusion. Available online at teambathac.org.

If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences more generally, please do so [here](#). This ensures your preferences are updated within the TBAC membership records.

